

THAT WHICH IS CLAIMED IS:

1. A portable card that facilitates timely and consistent repositioning of bedridden patients, comprising:
 - a base having a planar surface; and
 - indicia on the planar surface that indicates a plurality of time segments of a day and a respective patient position for each time segment.
2. The card of Claim 1, wherein the time segments are two-hour time segments for a twenty-four hour day.
3. The card of Claim 1, wherein the indicia is arranged in two adjacent columns, wherein a first column includes sequential time segments of a day and wherein a second column includes patient positions.
4. The card of Claim 1, wherein patient position indicia indicates orientation of a patient relative to a room in which the patient is located.
5. The card of Claim 3, wherein patient position indicia indicates orientation of a patient relative to a ceiling within the room.
6. The card of Claim 3, wherein patient position indicia indicates orientation of a patient relative to a ceiling and door within the room.
7. The card of Claim 3, wherein patient position indicia indicates orientation of a patient

relative to a ceiling, door and window within the room.

8. The card of Claim 1, wherein the time segment and patient position indicia are color coded.

9. The card of Claim 1, further comprising an aperture formed through the base that is configured for attachment of the card to another article.

10. The card of Claim 1, wherein the base has a generally rigid, rectangular configuration.

11. The card of Claim 10, wherein the base has a lengthwise dimension of between about one inch and about twenty inches and a widthwise dimension of between about one inch and about twenty inches.

12. The card of Claim 10, wherein the base comprises a base of paper stock material having the indicia printed thereon, and a clear plastic film laminated to the base of paper stock material over the indicia.

13. The card of Claim 1, wherein the base comprises a second planar surface and wherein promotional indicia is printed on the second planar surface.

14. A portable card that facilitates timely and consistent repositioning of bedridden patients, comprising:

a base having a planar surface; and

indicia on the planar surface arranged in a table of two columns and twelve rows, wherein a first

column includes sequential two-hour time segments of a twenty-four hour day and wherein a second column includes patient positions such that each row in the table includes a time segment and a respective patient position.

15. The card of Claim 14, wherein each patient position indicates orientation of a patient relative to a room in which the patient is located.

16. The card of Claim 15, wherein each patient position indicates orientation of a patient relative to a ceiling within the room.

17. The card of Claim 15, wherein each patient position indicates orientation of a patient relative to a ceiling and door within the room.

18. The card of Claim 15, wherein each patient position indicates orientation of a patient relative to a ceiling, door and window within the room.

19. The card of Claim 14, wherein the rows in the table are color coded.

20. The card of Claim 14, further comprising an aperture formed through the base that is configured for attachment of the card on an article.

21. The card of Claim 14, wherein the base has a generally rigid, rectangular configuration.

22. The card of Claim 21, wherein the base has a lengthwise dimension of between about one inch and

about twenty inches and a widthwise dimension of between about one inch and about twenty inches.

23. The card of Claim 21, wherein the base comprises a base of paper stock material having the indicia printed thereon, and a clear plastic film laminated to the base of paper stock material over the indicia.

24. The card of Claim 14, wherein the base comprises a second planar surface and wherein promotional indicia is printed on the second planar surface.

25. A portable card that facilitates timely and consistent repositioning of bedridden patients, comprising:

a base having a generally rigid, rectangular configuration with first and second planar surfaces; and
indicia on the first planar surface arranged in a table of two columns and twelve rows, wherein a first column includes sequential two-hour time segments of a twenty-four hour day and wherein a second column includes patient positions such that each row in the table includes a time segment and a respective patient position, wherein each patient position indicates orientation of a patient relative to a room in which the patient is located.

26. The card of Claim 25, wherein each patient position indicates orientation of a patient relative to a ceiling within the room.

27. The card of Claim 25, wherein each patient position indicates orientation of a patient relative to a

ceiling and door within the room.

28. The card of Claim 25, wherein each patient position indicates orientation of a patient relative to a ceiling, door and window within the room.

29. The card of Claim 25, wherein the rows in the table are color coded.

30. The card of Claim 25, further comprising an aperture formed through the base that is configured for attachment of the card on an article.

31. The card of Claim 25, wherein the base has a lengthwise dimension of between about one inch and about twenty inches and a widthwise dimension of between about one inch and about twenty inches.

32. The card of Claim 25, wherein the base comprises a base of paper stock material having the indicia printed thereon, and a clear plastic film laminated to the base of paper stock material over the indicia.

33. The card of Claim 25, wherein the base comprises a second planar surface and wherein promotional indicia is printed on the second planar surface.